

Paleo Cookbook

Paleo Eating For Modern People



Gluten Free - Dairy Free - Preservative Free

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**Paleo Cookbook -
Paleo Eating For Modern People**



**Paleo Cookbook –
Recipes for the 21st Century Hunter-Gatherer**

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Standard Measurements

1 kg = 2.2lb

1 cup = 240ml

1 tsp = 5ml

1 tbs = 15ml

Introduction

This recipe book focuses on using foods in their natural form - foods Mother Nature intended us to eat. This is the basis of the Palaeolithic/cave man/hunter gatherer diet.

People are becoming more aware of the impact of foods on their health. Foods which society has now made available to us through processing and agricultural changes can lead to many negative health problems; chemical additives and excessive processing denatures foods from their original form.

This recipe book provides a variety of options for those people who are looking for alternatives to help them reach and maintain optimal health as well as for those with allergies.

NO
Pasta
Bread
Rice
Potatoes
Dairy
Processed sugar
Preservatives

** Recipes marked with an asterix contain a food source that does not fall under the Paleo category and are optional for those who would prefer to avoid these foods all together.*

The recipes in this book are a compilation of adaptations of recipes enjoyed by me as well as family and friends. This in turn has inspired me to experiment with some recipes of my own.

These recipes are also included. I hope you enjoy them as much as I do.

If you would like more Paleo recipes that are free, please visit www.nikkisblogspot.com

SNACKS





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Pistachio Salsa

Ingredients

$\frac{1}{3}$ cup toasted pistachios
1 cup tomatoes, finely diced
1 large garlic clove, finely chopped
 $\frac{1}{3}$ cup fresh parsley, roughly chopped
2 mint leaves, finely chopped
1 tbs lemon juice
Dash ground paprika

Instructions

Combine all ingredients in a bowl and mix together well.



Cashew Nut 'Hummus'

Ingredients

$\frac{2}{3}$ cup cashews, unsalted
 1 tbs olive oil
 3 garlic cloves
 3 tbs lemon juice
 Dash salt and pepper

Instructions

Blend all ingredients together in an electric blender until a smooth paste has formed.

Blend for a shorter period of time for a crunchy texture.



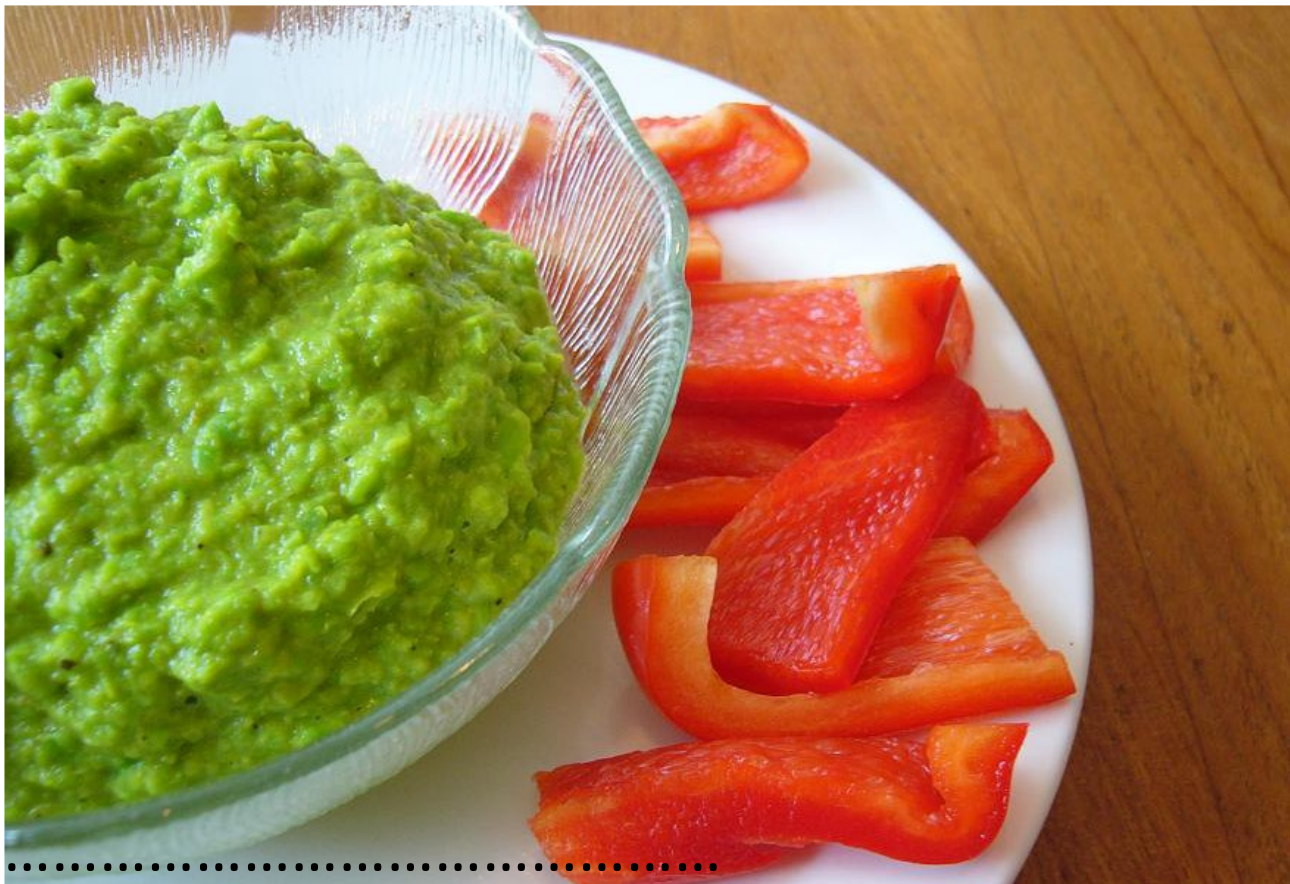
Tomato Salsa

Ingredients

1 cup tomato, finely diced
 $\frac{1}{4}$ cup red onion, finely chopped
 2 garlic cloves, finely chopped
 $1\frac{1}{2}$ tbs ground paprika, mild or hot
 $\frac{1}{2}$ tsp Mexican chilli powder
 1 tsp oregano or tarragon, finely chopped
 1 tbs lemon juice
 1 tsp vinegar (optional)

Instructions

Combine all ingredients in a bowl and mix together well.



Green Pea Dip

Ingredients

1½ cups fresh or thawed frozen peas

1 tbs olive oil

1 small onion, finely chopped

1 large garlic clove, finely chopped

½ tsp ground turmeric

⅓ cup vegetable stock

1 tbs chopped shallots

Dash pepper

Instructions

In a pan on medium heat, cook onion and garlic in oil for 5 minutes or until onion starts to soften. Add turmeric and shallots and stir for a further minute.

Add stock, peas and pepper and leave on simmer for 4-5 minutes or until peas are slightly tender and still green.

Leave to cool for 10 minutes. Place pea mixture in a food processor and blend on high speed until soft creamy texture has reached.

Baba Ghanoush



Ingredients

1 large eggplant
1 clove garlic, crushed
½ tsp salt
½ cup tahini
½ tsp cumin
1 tsp lemon juice
1 tbs finely chopped parsley

Instructions

Place eggplant on a wire rack and bake in a 180 degrees Celsius preheated oven for 1 hour or until skin has wrinkled and eggplant feels soft to touch. Allow to cool.

Peel eggplant. Mash to a pulp and add garlic, salt, tahini, cumin, lemon juice and parsley. Beat to a smooth puree.

Roast Pumpkin 'Hummus'

Ingredients

1 cup pumpkin, diced
1 tbs olive oil
½ cup cashews
1 garlic clove, crushed
1 tbs lemon juice
1 tbs olive oil
1 tsp cumin, ground
Dash nutmeg
Salt and Pepper

Instructions

Pre-heat oven to 200 degrees Celsius, fan-forced.



In an oven proof dish, place diced pumpkin and 1tbs olive oil. Bake in oven for 40-60 minutes, or until cooked. Leave to cool.

Place pumpkin in a food processor, along with remaining ingredients. Blend on high speed until a soft creamy texture is formed.



Sweet Potato Chips

Ingredients

1 medium size sweet potato, cut into long thin strips
3 tbs olive oil
Salt

Instructions

Pre-heat oven to 180 degrees Celsius, fan-forced.

Place ingredients in an oven safe pan, cover sweet potato well in olive oil and salt.

Place in oven, stirring every 5-10 minutes for 35-45 minutes or until sweet potato is brown and cooked.

Leave to cool slightly, thinner chips will go crunchy.



Sesame Seed Crackers

Ingredients

1/3 cup almond meal
1/3 cup sesame seeds
1 tsp olive oil
1 egg white
Good dash salt and pepper

Instructions

Pre-heat oven to 180 degrees Celsius, fan-forced.

Place all ingredients in a bowl and combine well.

Place mixture on a sheet of baking paper, and place another sheet of baking paper over the top. Roll mixture out into a 3-4mm thickness using a rolling pin.

Score pastry with the back of a knife into individual square pieces. Carefully remove baking paper from the top of pastry, then holding the baking paper on the bottom of the pastry mix, move onto an oven proof baking tray.

Place in oven for 15-20 minutes, or until slightly browned. Leave to cool then break crackers into individual pieces.



Garlic Crackers

Ingredients

1 cup almond meal
1 large garlic clove, finely chopped
1 tsp olive oil
1 egg white
Good dash salt
Dash ground hot paprika (optional)

Instructions

Pre-heat oven to 180 degrees Celsius, fan-forced.

Place all ingredients in a bowl and combine well.

Place mixture on a sheet of baking paper, and place another sheet of baking paper over the top. Roll mixture out into a 3-4mm thickness using a rolling pin.

Score pastry with the back of a knife into individual square pieces. Carefully remove baking paper from the top of pastry, then holding the baking paper on the bottom of the pastry mix, move onto an oven proof baking tray.

Place in oven for 15-20 minutes, or until slightly browned. Leave to cook then break crackers into individual pieces.



Poppy Seed Crackers

Ingredients

1/3 cup almond meal
1/4 cup sesame seeds
1 tbs poppy seeds
1 tsp olive oil
1 egg white
Good dash salt and pepper

Instructions

Pre-heat oven to 180 degrees Celsius, fan-forced.

Place all ingredients in a bowl and combine well.

Place mixture on a sheet of baking paper, and place another sheet of baking paper over the top. Roll mixture out into a 3-4mm thickness using a rolling pin.

Score pastry with the back of a knife into individual square pieces. Carefully remove baking paper from the top of pastry, then holding the baking paper on the bottom of the pastry mix, move onto an oven proof baking tray.

Place in oven for 15-20 minutes, or until slightly browned. Leave to cook then break crackers into individual pieces.



Zucchini Meat Balls

Ingredients

285g grated zucchini, ends removed
285g minced beef
1 onion, finely chopped
2 eggs
1 tbs fresh dill, finely chopped
1 1/3 cup almond meal
1 tsp salt
Dash pepper

Instructions

Pre-heat oven to 180 degrees Celsius, fan-forced.

In a bowl, mix all ingredients together until well combined.

Roll zucchini mixture into 4cm balls and place on an oven proof tray lined with baking paper.

Bake for 25-35 minutes, or until browned and cooked.



Tuna Balls

Ingredients

1 1/2 cups diced sweet potato
425g can tuna, in brine
1 small onion, finely chopped
1 medium carrot, grated
1 egg
1 tbs oil
1 tsp salt
Dash pepper

Instructions

Pre-heat oven to 180 degrees Celsius, fan-forced.

Boil sweet potato in a pan until soft. Remove all liquid and mash with a fork, the mash will be very dry.

In a mixing bowl, combine all ingredients and mix well.

Shape tuna mixture into 4cm balls and place on an oven proof tray lined with baking paper.

Bake for 25 minutes.

Serve warm or cold, plain or with chilli sauce.



Tasty Cauliflower Snacks

Ingredients

½ medium-size cauliflower
4-5 tbs olive oil
Salt and pepper
Ground cumin
Ground paprika

Instructions

Pre-heat oven to 180 degrees Celsius, fan-forced.

Break or cut cauliflower into different size florets and place in an oven safe pan. Add oil, cumin, paprika, pepper, and a good dash of salt. Mix together well.

Place in the oven, stirring every 5-10 minutes for 20-30 minutes or until cauliflower is cooked and golden brown.



Celery Sticks with Nut Butter

Ingredients

Celery Stalks
Almond butter or favorite nut butter
Raisins or sultanas (optional)

Instructions

Peel the back of the celery sticks, removing strings. Spread nut butter into the middle of the celery stick until level.

Cut celery stalks into 2-3cm length pieces and place raisins on top to serve.



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Spicy Almonds

Ingredients

1 cup almonds
1 tsp ground cumin
1 tsp ground coriander seeds
1 tsp sesame seeds
½ tsp salt
1 egg white

Instructions

Pre-heat oven to 180 degrees Celsius, fan-forced.

Place egg white in a bowl and beat until slightly frothy.

Add almonds, cumin, coriander, sesame seeds and salt and combine well.

Spread mixture out onto an oven tray lined with baking paper.

Place in oven for 10 minutes or until slightly browned and egg has set. Leave to cool.

To serve, break mixture up so almonds are not stuck to each other.

SALADS



ALSO SEE:

- Chicken, Bacon and Egg Salad (Chicken)
- Honey Chicken and Pumpkin Salad (Chicken)
- Chicken and Cabbage Salad (Chicken)
- Tuna and Apple Salad (Fish)



3 Colour Veg Side Salad

Ingredients

- 1 red capsicum, sliced
- 1 orange capsicum, sliced
- 1 yellow capsicum, sliced
- 1 bunch asparagus, spears cut into three pieces
- Olive Oil
- Salt

Instructions

Place a decent amount of olive oil in a medium size pan on medium heat.

Add sliced capsicum, asparagus and salt, stir well to cover vegetables in oil.

Cover and leave to simmer for 15-20minutes or until capsicum and asparagus have softened slightly.

Serve.



Lemon and Egg Salad

Ingredients

2 boiled eggs, diced
½ small red onion, finely diced
1 celery stalk, finely sliced
2tbs pine nuts
2 cups rocket leaves
2tsp mayonnaise
2tsp lemon juice

Instructions

In a small bowl combine mayonnaise and lemon juice to form a salad dressing.

In a large salad bowl, add all ingredients and lemon mayonnaise, combine well.

Serve.

Easy Boiled Egg Salad

Ingredients

2 eggs
1 cup lettuce
1 small carrot, chopped
1/3 cup snow peas, roughly chopped
1/2 cup blood tomatoes, sliced
1/3 avocado, diced
1 tsp olive oil
2 tsp balsamic vinegar
1 tsp wholemeal mustard

Instructions

Boil eggs in a pan for 6 minutes for a runny yolk, or 9 minutes for a hard yolk.

While eggs are boiling, mix lettuce, carrots, snow peas, tomato and avocado into a bowl.

Mix together olive oil, balsamic vinegar and mustard. Toss through salad.

When eggs are cooked, peel and cut in half, place on salad to serve.



Caesar Salad

Ingredients

140g Bacon, diced
1 tbs oil
4 cups chopped lettuce
2 eggs
4 tbs mayonnaise
1 garlic clove, crushed and finely chopped
1 tbs lemon juice

Instructions

In a fry pan, place oil and bacon on high heat and fry until bacon is cooked and become slightly crunchy.

Meanwhile, boil eggs for 6-9 minutes. Peel and cut in half.

To make the dressing, mix together mayonnaise, garlic and lemon, adding more mayonnaise or garlic to taste.

To serve, place egg and bacon on chopped lettuce leaves, and top with mayonnaise.





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Tasty Chicken Salad

Ingredients

1 chicken breasts, boiled and stripped into pieces
2 cups baby spinach leaves
1 large Roma tomato, diced
1 cup cucumber, diced
2/3 cup mushrooms, diced
½ red onion, finely diced
¼ cup black olives, cut in halves
3tbs olive oil
4tbs balsamic vinegar

Ingredients

Place all ingredients in a bowl and combine well.



Cabbage Salad with Orange Tahini Dressing

Ingredients

2 tbs olive oil
1 tsp tahini
2 tbs orange juice
Salt and pepper
1 medium carrot, grated
1 cup cabbage, finely shredded
Small handful snow pea sprouts,
ends trimmed off

Instructions

Place olive oil, tahini, orange juice, salt and pepper into a screw-top jar and shake well to combine.

In a bowl mix together carrots, cabbage and snow peas.

Pour tahini dressing over salad to serve.

Coleslaw

Ingredients

2 medium carrots, grated
¼ Cabbage, finely sliced
2 stalks celery, thinly sliced
2 red radishes, finely diced
6-8 tbs mayonnaise

Instructions

Place all ingredients into a bowl and mix until all combined.





Supreme Chicken Salad

Ingredients

1 chicken breast, boiled and shredded
 1 small broccoli, cut into florets
 2 cups mushrooms, sliced
 1 cup cucumber, diced
 2/3 cup carrot, diced
 1 cup tomatoes, diced
 3tbs dill, finely chopped
 4tbs apple cider vinegar
 3tbs mayonnaise

Instructions

Steam broccoli florets for 4-5 minutes or until tender.
 Remove from heat and place into a large salad bowl along with all the other ingredients.
 Combine well before serving.

Bacon and Egg Salad

Ingredients

2 bacon rashers, fat removed and diced
 1/2 red onion, diced
 1tbs oil
 2 cups mushrooms, sliced
 2 boiled eggs, diced
 1 carrot, diced
 1/3 cup parsley, roughly chopped

Instructions

Fry bacon and onion in oil for 5-6 minutes, or until onion has browned and bacon has cooked through and is slightly browned.

Place onion and bacon in a medium sized salad bowl. Place frying pan back on the hot plate, add mushrooms and cook for 2-3 minutes or until slightly browned. Remove from heat.

Add mushrooms to bowl along with diced egg, carrot and parsley.

Combine well before serving.



Warm Tomato and Chicken Salad

Ingredients

2 chicken breasts, boiled and shredded
1 large red onion
1 punnet cherry tomatoes
3 cups lettuce leaves
Olive oil
Balsamic vinegar

Instructions

Place some olive oil in a frying pan along with onion and cook for 4-5 minutes or until lightly browned. Remove from heat and place onion in a large salad bowl along with shredded chicken and lettuce.

Add 1tbs olive oil to frying pan and place back on medium heat. Add tomatoes to pan and cook until the skin starts to wilt. Add to salad bowl and combine well with chicken, onion and lettuce. Add olive oil and balsamic vinegar to taste before serving.



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Avocado and Spinach Salad

Ingredients

1½ cups baby spinach leaves
½ avocado, sliced
¼ cup chopped walnuts
1 tbs lemon juice
Salt and pepper

Instructions

Place spinach leaves and avocado in a bowl, sprinkle top with walnuts, lemon juice, salt and pepper.



Chicken and Sweet Potato Salad

Ingredients

2 Serves

- 1 chicken breast, BBQ or poached, diced
- 2 cups diced sweet potato, boiled
- $\frac{2}{3}$ cup cashews, un-salted
- 1 bunch fresh coriander, roughly chopped
- 1 garlic clove, crushed and finely chopped
- 2 tbs olive oil
- 2 tbs lemon juice
- Dash chilli powder

Instructions

In a mixing bowl combine chicken, sweet potato, cashews and coriander.

To make the dressing, combine garlic, olive oil, lemon juice and chilli powder.

Drizzle dressing over salad when ready to serve.

Chicken and Bacon Salad

Ingredients

2 Serves

- 1 chicken breast
- 2 cups water
- Juice of half a lemon
- 1 tbs oil
- 8 rashers of bacon, removing fat and cutting into strips
- 5 medium tomatoes, cut into quarters
- $\frac{1}{2}$ avocado, diced
- 2 cups fresh rocket
- 1 tbs oil
- 2 tbs balsamic vinegar

Instructions

Bring water and lemon juice to the boil in a pan then add chicken breast, cover and leave to simmer for 15-20 minutes, or until chicken is firm and cooked. Leave to cool then use fingers to shred chicken, tearing along the grain.

Heat oil in a frying pan on high heat, add bacon and fry until some bacon strips have bacon slightly crispy. Remove from pan and add tomato quarters, stir on high heat for 2 minutes, or until slightly soft.

To make the dressing, combine oil and vinegar in a jar and shake until well combined.

Place diced chicken breast, bacon, tomatoes, avocado and rocket and dressing in a bowl and mix until well combined.



Sesame Coated Tuna Salad

Ingredients

½ cup sesame seeds
200g tuna steaks, sliced into small pieces
1 tbs olive oil
1 cup lettuce, chopped
¼ cup fresh coriander leaves, chopped
½ cup tomatoes, halved

Instructions

Place sesame seeds in a bowl. Roll tuna steaks in sesame seeds to coat.

Place oil in a frying pan on medium heat and add tuna steaks, cook for 1-3 minutes each side until cooked. Time will depend on thickness of tuna.

Combine lettuce, coriander and tomatoes in a bowl and place tuna steaks on top to serve.

Cucumber and Tomato Salad

Ingredients

4 cups cucumber ,diced
1½ cups tomatoes, halved or diced
1 small red onion, finely chopped
1 bunch fresh basil, roughly chopped
Lemon Juice
Salt and Pepper

Instructions

Place cucumber, tomatoes and red onion in a bowl, combine well.

Top with basil and add lemon juice, salt and pepper to taste.

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Mint Peas

Ingredients

5 spring onions, sliced
2 tbs olive oil
500g packet frozen peas
½ cup fresh mint, roughly chopped
Salt and pepper

Instructions

In a pan place oil and spring onions, fry for 2 minutes.

Add frozen peas and mint. Cover and leave on medium heat for 2-3 minutes, stirring occasionally.

Using a potato masher, mash peas to form a smooth or chunky texture. You could also use a food processor.

Add salt and pepper to taste.



Rustic Chicken Salad

Ingredients

2 chicken breasts
2/3 cup mayonnaise
1 tbs pesto
2 garlic cloves, finely chopped
1 tbs balsamic vinegar
8 spring onions, chopped
1/3 cup chopped basil
2/3 cup roast eggplant, chopped
2 tomatoes, chopped
1/2 avocado, diced
10 black olives, seeded and chopped

Instructions

Boil chicken breasts in water for 15-20 minutes or until cooked. Remove from pan and leave to cool.

In a small bowl combine mayonnaise, pesto, garlic, vinegar, spring onions and basil.

When chicken has cooled, shred into pieces and place in a large salad bowl. Add eggplant, tomatoes, avocado and black olives. Add mayonnaise dressing and combine well. Serve.



Celery and Walnut Salad

Ingredients

2 cups rocket leaves
 1 large celery stalk, finely sliced
 ¼ cup walnuts, roughly chopped
 1 tbs walnut oil
 1 tbs balsamic vinegar
 ½ tsp wholegrain mustard (*optional, not paleo*)

Instructions

Place all ingredients Into a large mixing bowl, combine well.

Serve.

Meatball Salad

Ingredients

500g mince meat
 1 small red onion, finely diced
 4tbs ground oregano
 1 egg
 1 large cucumber, diced
 2 carrots, diced
 1 green capsicum, diced
 1 avocado, diced
 Balsamic vinegar

Instructions

Pre-heat a grill to medium heat.

Place mince meat, onion, oregano and egg into a medium sized mixing bowl and combine well.



Roll into small balls and place on grill, cook for 3-4 minutes, or until cooked through. Turn if needed.

Place cucumber, carrot, capsicum and avocado into a large salad bowl and combine well. Stir in balsamic vinegar to taste.

To serve, place vegetable salad on a plate and top with meat balls.



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Leek, Bacon and Pea Side Salad

Ingredients

1 leek, thinly sliced
2 tbs oil
4 rashers of bacon, diced
2 cups green peas
Salt and pepper

Instructions

Fry bacon in oil on high heat for 4 minutes. Add sliced leek and continue cooking for a further 5 minutes, stirring regularly.

Add peas and cook for a further 3 minutes, or until peas are heated through.

Add salt and pepper to taste.



Chinese Lettuce and Dill Salad

Ingredients

4 cups Chinese lettuce, chopped
3 spring onions, finely chopped
4tbs fresh dill, chopped
½ cup almonds
2tbs olive oil
1tbs apple cider vinegar

Ingredients

Place all ingredients in a bowl and combine well.

Serve.



Warm pumpkin and Pine Nut Salad

Ingredients

2 cups pumpkin, diced
2 cups baby spinach
1 medium avocado, diced
½ cup pine nuts

Dressing

2 tbs olive oil
⅓ cup orange juice
Dash cinnamon
Salt

Instructions

Boil pumpkin in a pan until cooked through, being careful not to overcook. Drain excess water and leave to the side to cool slightly.

In a large salad bowl combine pumpkin, baby spinach, avocado and pine nuts.

To make the dressing place olive oil, orange juice, cinnamon and salt in a jar, screw the lid on tightly and shake to combine ingredients well.

To serve, spoon dressing over salad and toss gently.

Red Cabbage Salad

Ingredients

½ Red cabbage, finely sliced
1 green apple, diced
¾ cup roughly chopped pecans
3 tbs canola oil
Salt
Apple Cider Vinegar to taste

Instructions

In a bowl place finely chopped red cabbage and a generous amount of salt. Leave to stand for at least an hour until cabbage has softened.

Add remaining ingredients and toss.





Mushroom and Pumpkin Salad

Ingredients

½ small butternut pumpkin, sliced
1 large flat mushroom, sliced
1/4 cup olive oil
3tbs lemon juice
2tbs cummin
4 cups baby spinach leaves

Instructions

Pre-heat grill to medium heat.

Place pumpkin on grill and cook for 5-7min, or until cooked. Place in a large mixing bowl along with spinach.

Place mushroom slices on grill and cook for 1-2min, or until slightly tender and browned.

Add to pumpkin and spinach along with olive oil, lemon juice and cummin, combine well.



Sweet Potato and Bacon Salad

Ingredients

4 cups sweet potato, peeled and diced
1 onion, diced
4 rashers bacon, fat removed, diced
Sliced almonds
Oil

Instructions

Steam diced sweet potato for 5-6min, or until tender. Remove from heat and place into a medium sized mixing bowl.

Meanwhile, place oil, onion and bacon in a frying pan on medium heat and cook until bacon and onion have browned.

Add bacon and onion to sweet potato and combine well.

Top with sliced almonds to serve.

SOUPS





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Sweet Potato and Pear Soup

Ingredients

1 small onion, diced
1 tbs oil
2½ cups sweet potato, diced
2 cups pear, diced
2 cups vegetable stock
½ cup coconut milk
Salt and pepper
Parsley to garnish

Instructions

In a large pan, fry onion in oil until soft.

Add the sweet potato and pear and cook for 2 minutes. Add the stock and leave to simmer for 10 minutes or until sweet potato and pear is cooked and soft.

Cool slightly. Purée soup in an electric blender or using an electric beat. Add salt and pepper to taste.

Serve garnished with parsley.



Carrot and Ginger Soup

Ingredients

5 cups carrots, sliced
 2 tbs olive oil
 1 tbs ground ginger
 1 tbs olive oil
 1 onion, finely diced
 2 garlic cloves, finely chopped
 2 tsp ground turmeric
 1 tsp ground ginger
 1 cup vegetable stock
 1 cup coconut milk

Instructions

Pre-heat oven to 180 degrees Celsius, fan-forced.

Place carrots on an oven proof tray with 2tbs olive oil and 1tbs ground ginger. Combine well and bake in the oven for 30 minutes.

In a large pan, fry onion and garlic in 1tbs olive oil for 5 minutes, or until onion has become tender. Add turmeric and ginger and cook for a further 2 minutes before adding stock, coconut milk and carrots.

Cool slightly. Purée soup in an electric blender, or using an electric beater, to form a smooth creamy texture, adding more liquid if necessary.

Leek and Asparagus Soup

Ingredients

1½ cups leek, sliced
 2 tbs olive oil
 1 garlic clove, finely chopped
 8 asparagus stems, trimmed into 1-inch pieces
 1½ cup vegetable stock
 ½ cup coconut milk

Instructions

In a large pan fry leek and garlic in olive oil for 5 minutes, or until leek has softened.

Add asparagus and stock and cook for a further 10 minutes or until asparagus has softened.

Remove from heat and add coconut milk.

Purée soup in an electric blender, or using an electric beater, to form a smooth creamy texture.



Spinach and Asparagus Soup

Ingredients

4 chopped spring onions
 4 cups spinach
 6 thick asparagus stalks sliced in half or
 12 thin asparagus
 oil
 spices (chose your favourites or your
 favourite curry paste)
 cumin, cinnamon, Mexican chilli powder,
 ground paprika, dried chilli, garlic,
 ground coriander, lime, cardamom, salt
 and pepper
 400/600ml light coconut milk

Instructions

Fry the spring onions in the oil until
 slightly browned.

Add spices, asparagus and spinach and
 stir until spices are heated and mixed
 through the asparagus and spinach.

Add the coconut milk and simmer for
 around 10 minutes.

Broccoli Soup

Ingredients

4 tbs oil
 4 tbs arrowroot
 10 cups vegetable stock
 7 cups broccoli (including stalk)

Instructions

In a large pan, make a roux by firstly
 heating the oil; continue by adding the
 arrowroot mixed with a little water, stirring
 vigorously to prevent lumps while
 continuing to add all the vegetable stock.

Place broccoli florets and stalk into the pan
 and cook for 20-30 minutes or until
 cooked.

Using an electric blender blend until
 smooth and thick.





Meatball Minestrone

Ingredients

1 tbs oil
1 onion, diced
3 garlic cloves, finely chopped
¼ white cabbage, thinly sliced
2 medium carrots, diced
3 small zucchini, diced
3 celery stalks, diced
400g can diced tomatoes or 1½ cups diced tomatoes
3 cups chicken or vegetable stock
1 tbs basil, finely chopped
1 tbs sage, finely chopped
1 tsp Mexican chili powder
Dash pepper
2 cups mushroom, diced
15 meatballs (see recipe on Pg 6)

Instructions

In a large pan on medium heat fry onion and garlic in oil until browned. Add cabbage, carrots, zucchini, celery, tomatoes, stock, basil, sage, chili powder and pepper. Cover and boil for 30 minutes.

Add mushrooms and meatballs and cook for a further 10 minutes.

Leave to cool for 5-10 minutes before serving.



Cauliflower Soup

Ingredients

- 4 tbs oil
- 4 tbs arrowroot
- 10 cups vegetable stock
- 1 whole cauliflower
- Handful parsley, freshly chopped

Instructions

- In a large pan, make a roux by first heating the oil, continue by adding the arrowroot mixed with a little of water, stirring vigorously to prevent lumps while continuing to add all the vegetable stock.
- Place cabbage florets and stalk into the pan and cook for 20-30 minutes or until cooked.
- Mash the cauliflower up into smaller pieces and add parsley, cook for a further 5 minutes then serve.

Pumpkin and Sweet Potato Soup

Ingredients

- 1 large onion, diced
- 1 tsp olive oil
- Dash of; ground cumin, ground ginger, ground nutmeg, ground cloves and chilli powder
- 6 cups pumpkin, diced
- 4 cups sweet potato, diced
- 400ml light coconut milk
- 1 cup water

Instructions

In a large pan, fry onion in olive oil until cooked and slightly browned. Add spices and heat through quickly before adding pumpkin and sweet potato.

Add the coconut milk and water and cook for 30-40 minutes or until pumpkin and sweet potato has cooked through.



Using a hand blender or food processor blend up soup to form a thick and creamy texture.



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Roasted Pumpkin and Basil Soup

Ingredients

2kg diced pumpkin
1 garlic bulb, un-peeled
2tbs olive oil
1 onion, diced
3tbs ground cumin
4 cups vegetable stock
1 bunch fresh basil, roughly chopped
Salt and pepper to taste

Instructions

Pre-heat oven to 180 degrees celsius, fan-forced.

Place garlic bulb top down on an oven tray, and drizzle 1tbs olive oil. Place diced pumpkin on the same tray around garlic. Place in oven and bake for 50minutes or until vegetables are tender. Remove from oven and cool slightly before peeling garlic cloves.

Fry onion in a large pan with remaining oil on medium heat for 2minutes, add cumin and stir for a further minute until aromatic. Add stock, pumpkin and garlic cloves and simmer for 10minutes, stirring constantly to form a slightly thick stock texture with the soft pumpkin, while still leaving cubes of pumpkin in tact. Add basil and leave to simmer for a further 2minutes.

Remove from heat; add salt and pepper to taste before serving.



Curried Cauliflower Soup

Ingredients

1 onion, diced
1 tbs oil
1 garlic clove, finely chopped
1 tsp ground turmeric
1 tbs ground cummin
1 tbs ground coriander
1 tbs ground paprika
½ medium cauliflower
4 cups vegetable stock
Salt and pepper to taste

Instructions

Fry onion and garlic in a large pan with oil on medium heat until slightly browned.

Add cauliflower, turmeric, cummin and coriander and stir for 2 minutes.

Add stock and simmer for 10-15 minutes or until cauliflower has softened.

Place in a food processor or use an electric blender to form a smooth texture.

Heat before serving.

Carrot and Leek Soup

Ingredients

1 medium size leek, finely sliced
5 carrots, diced
1 tbs olive oil
1 tbs ground ginger
3 cups vegetable stock

Instructions

Fry leek and carrots in a large pan with oil on medium heat until slightly tender.

Add stock and simmer for 10-15 minutes or until carrot is soft.

Remove from heat and use a food processor or an electric blender to blend the soup into a smooth texture.





Leek Fennel and Broccoli Soup

Ingredients

2 garlic cloves, chopped
1tbs olive oil
1 leek, ends removed and sliced
1 large fennel, stalks removed and diced
1 broccoli, chopped
4 cups vegetable stock
2 bay leaves
½ cup coconut milk

Instructions

In a medium sized pan, fry garlic, leek and fennel in oil for 5-8minuts until fennel is tender.

Add broccoli, stock and bay leaves, cover and simmer for 10minutes or until broccoli is tender. Remove bay leaves.

Stir in coconut milk then place in a food processor, or use an electric blender to form a smooth texture.

Heat through before serving.

Zucchini and Sweet Potato Soup

Ingredients

2 cups sweet potato, peeled and diced
4 cups zucchini, diced
1 onion, diced
3 garlic cloves, finely chopped
1 tbs coconut oil
2 cups chicken or vegetable stock
1 cup coconut milk

Instructions

Fry onion, garlic, sweet potato and zucchini in a large pan with oil on medium heat until onion is slightly browned and vegetables slightly tender.

Add stock and simmer for 10-15 minutes or until sweet potato has softened.

Add coconut milk then use a food processor or an electric blender to blend the soup into a smooth texture.

Heat before serving.



Garlic and Leek Soup

Ingredients

4 bulbs garlic
4 leek (white part only)
1 onion
4 cups chicken or vegetable stock
 $\frac{3}{4}$ cup coconut milk
Olive oil

Instructions

Pre-heat oven to 180 degrees celsius, fan-forced.

Place garlic bulb top down on an oven tray, and drizzle olive oil.

Place in oven for 30-40 minutes and bake until golden and soft. Remove from oven and leave to cool slightly.

Fry onion and leek in a large pan with oil on medium heat for 10-12 minutes, or until wilted. Add stock and simmer for a further 10 minutes.

Remove from heat and add garlic and coconut milk to the pan. Use a food processor or an electric blender to blend the soup into a smooth texture. Heat before serving.

MEATS



NOTE:

Recipes marked with an *, contain one of the following ingredients which are not classified as Paleo.

- Spicy Meatballs in Tomato Sauce
- Stir-Fried Chilli Beef with Cashews

ALSO SEE:

- Zucchini Meat Balls (Snacks)
- Bacon and Egg Salad (Salads)
- Chicken and Bacon Salad (Salads)
- Meatball Salad (Salads)
- Leek, Bacon and Pea Side Salad (Salads)
- Sweet Potato and Bacon Salad (Salads)
- Meatball Minestrone (Soups)
- Chicken, Bacon and Egg Salad (Chicken)
- Caesar Salad



Beef and Mushroom Goulash

Ingredients

500g diced beef
2tbs olive oil
1 onion, diced
200g button mushrooms, sliced
3tbs ground paprika
600g can diced tomatoes
Parsley to serve
Salt and pepper

Instructions

In a medium pan, fry half the beef in 1tbs oil for 4-5minutes or until browned. Transfer beef to a plate and repeat process with remaining beef.

Place remaining oil in pan and add onion and mushrooms, cook stirring for 3-4minutes or until slightly tender. Add paprika, stir well to coat mushrooms and onions.

Add tomatoes and beef. Cover and leave to simmer for 10-15minutes.

Season with salt and pepper before serving with chopped parsley.



Meatball Piccadillo

Ingredients

Meatballs

1tbs oil
1 onion diced
500g lean mince meat
2 garlic clove finely diced
1 apple, peeled, cored and grated
¼ cup raisins
6 black olives chopped
3 tbs slivered almonds
1 egg
Dash of cinnamon
Dash of cloves
1 tsp chilli powder
salt and pepper

Sauce

800g diced tomatoes (a can, or fresh peeled, seeded and chopped)
Dash of cinnamon
Dash of cloves
Dash of paprika

Instructions

Pre-heat oven to 180 degrees Celsius fan forced.

Heat the oil in a pan and fry onion until browned. Add to a mixing bowl along with the beef, garlic, apple, raisins, olives, almonds, egg, cinnamon, cloves, chilli powder, salt, pepper. Combine well.

Form the mixture into 13 balls, place on an oven proof dish and bake in the pre-heated oven for 15-20 minutes, or until cooked and browned.

While the meat balls are cooking place the tomatoes, cinnamon, cloves and paprika in a pan and let simmer. When the meatballs are ready, place them in the tomato sauce and simmer for a further 15-20 minutes.



* Spicy Meatballs in Tomato Sauce

Ingredients

Tomato sauce

1 onion, peeled and diced
3 garlic cloves finely chopped
1 chilli finely chopped
1 tsp ground cinnamon
2 tsp ground cumin
½ tsp ground cloves
800g canned diced tomatoes (or 4 cups freshly diced tomatoes)
1cup chick peas (optional)

Meatballs

410g minced beef
2 garlic cloves finely chopped
2 tsp ground cumin
1 tsp ground cinnamon
1 tsp turmeric
1 tsp chilli powder
1 egg
Ground pepper

Instructions

Make the meatballs by mixing the garlic, cumin, cinnamon, turmeric, chilli powder, egg and pepper into the mince meat. Neatly shape the mince into 12 balls.

Place on tray and baked in a pre-heated oven at 180degrees (fan-forced) for 20-30 minutes, or until cooked.

To make the tomato sauce – fry onion, garlic and chilli in a pan until they begin to soften and lightly brown. Add cinnamon, cumin and cloves and continue to cook for a few minutes to release flavours.

Add the tomatoes and simmer for 10 minutes. When meat balls are cooked, add them to the tomato sauce along with the chickpeas. Simmer for around 30 minutes.

Serve with fresh coriander.



Indian Mince Curry

Ingredients

500g mince meat
 1 onion, finely chopped
 3 garlic cloves, finely chopped
 1 tbs oil
 400g can green peas or 1½ cup fresh
 4 cups cabbage, thinly sliced
 2 cups eggplant, diced
 400g diced tomatoes
 4 tbs Buriyani curry paste (coriander, garlic, ginger, oil, cardamoms, cloves, nutmeg, tomatoes, curry leaves, rampe, salt)

Instructions

Fry chopped onion and garlic in oil until golden brown. Remove from the pan and cook the mince meat, stirring so there are no big lumps.

When the meat is cooked, return the onion and garlic to the pan along with the cabbage, eggplant, green peas and curry paste, stir consistently until well heated.

Add diced tomatoes and leave to simmer for 30-45 minutes or until vegetables are soft and cooked.

* Stir-Fried Chilli Beef with Cashews

Ingredients

500g lean beef, sliced thinly
 ½ tbs oil
 2 tsp red curry paste
 2 tsp fish sauce
 2 tbs lime juice
 1 tsp honey
 ½ cup water
 1 cup green capsicum, diced
 1 tsp arrowroot
 24 cashews

Instructions

Heat oil in a pan and fry beef until it changes colour. Add the red curry paste and fry for a few minutes longer.

Add the fish sauce, lime juice, honey, water and capsicum and simmer for 10 minutes. Thicken the sauce with arrowroot mixed with a little cold water.

Turn off the heat before adding the fried cashews.



Lamb and Bacon Dumplings

Ingredients

Meatballs

6 pieces bacon meat, finely diced
1 small onion, finely chopped
1 tbs oil
2 tsp sage, finely chopped
1 tsp ground paprika
Salt and pepper
500g minced lamb
1 egg

Sauce

2 cans diced tomatoes or 3 cups freshly diced tomatoes
1 tsp basil, finely chopped
Salt and pepper

Instructions

Pre-heat oven to 180 degrees Celsius, fan-forced.

In a medium sized pan, fry onion and bacon in oil for 5 minutes, or until onion becomes tender. Add the sage, paprika, salt and pepper, cook for a further 2 minutes, then remove from heat and allow to cool.

In a large mixing bowl add cooled bacon mixture and egg to the minced lamb and combine well.

Roll the lamb mixture into 12 balls and place on a baking tray lined with baking paper. Bake in the oven for 30-40 minutes, or until well cooked.

To make the sauce, place diced tomatoes, basil, salt and pepper in a medium sized pan and simmer for 2-3 minutes before adding the cooked meatballs and simmer for a further 10 minutes.

Vegetable Lasagne

Ingredients

700g lean mince meat
1 onion, diced
3 garlic cloves (finely chopped)
4 tbs tomato paste
800g diced tomato
Herbs - Sage, mixed Italian herbs, thyme, basil, cumin ground (small amount), cinnamon (small amount)

1 medium eggplant, sliced
¼ butternut pumpkin, sliced
5 small zucchini, sliced
2 tbs olive oil

Instructions

Pre-heat oven to 180 degrees Celsius, fan-forced.

Make mince meat sauce by frying the onion and garlic in a pan until browned. Remove from the pan add and cook the mince meat, stirring so there are no big lumps. When the meat is cooked, return the



onion and garlic to the pan along with herbs (to taste). Add tomato paste and cook for 2-3 minutes. Add the diced tomatoes and leave to simmer for 30-45 minutes.

Layer eggplant slices along the bottom of a deep oven proof dish. Layer eggplant with ½ the mince meat sauce, then layer with pumpkin slices, spread the remaining mince meat sauce over the pumpkin and layer zucchini slices on-top to finish.

Brush olive oil lightly over zucchini slices, then bake in the oven for 30-40 minutes, or until a knife easily goes through vegetables. Leave to cool for 5 minutes before serving.



Lamb Balls with Tomato and Basil Sauce

Ingredients

Meatballs

500g minced lamb
1 egg
2 tsp oil
1 tbs oregano, finely chopped
2 tsp sage, finely chopped
1 tsp ground paprika

Sauce

$\frac{2}{3}$ cup diced tomatoes
 $\frac{1}{3}$ cup fresh basil, roughly chopped
 $\frac{1}{2}$ tsp salt
1 tsp arrowroot

Instructions

Pre-heat oven to 180 degrees Celsius, fan-forced.

To make the lamb balls, combine all ingredients well in a mixing bowl. Roll into 12 balls and place on a baking tray lined with baking paper. Bake in the oven for 30-40 minutes, or until well cooked.

To make the sauce, place diced tomatoes, basil and salt in a medium sized pan and simmer for 2-3 minutes. In a cup, place arrowroot and a few tablespoons of water and mix together until there are no lumps. Slowly add into the simmering tomato and basil sauce until mixture has thickened slightly.

To serve, place meatballs on a plate and pour tomato and basil sauce over the top.



Quick Meal – Pumpkin and Bacon

Ingredients

2 cups diced pumpkin
85g diced bacon
1 small-medium sized onion, finely chopped
½ tbs olive oil
cashews (optional)

Instructions

Boil diced pumpkin until soft, remove water and place to the side.

In a frying pan, heat olive oil and fry the bacon, just before the bacon has completely cooked, add the onion to the frying pan and continue cooking until both the bacon and onion are cooked through.

Stir the pumpkin into the bacon and onion mix.

Serve with cashews.



Egg and Bacon Pizza

Ingredients

Pizza bread

4 tbs oil
1 tsp honey
3 eggs
1 cup almond meal
¾ cup arrowroot

Pizza topping

2 tbs Tomato paste
Italian herbs
4 rashers bacon (eyes only)
1 tsp oil
4 eggs
4 tomatoes, sliced
Handful rocket leaves, to serve

Instructions

Pre-heat oven to 180 degrees Celsius, fan-forced.

To make the pizza bread combine all ingredients well. Shape into 4 round circles, no thicker than 1cm and place on an oven proof baking tray, lined with baking paper. Place in oven and bake for 10-15 minutes, or until browned and cooked.

Spread tomato paste over pizza bases and sprinkle with some Italian herbs, return to oven for a further 1-2 minutes to heat.

In a frying pan heat oil and fry bacon until cooked, remove from pan. Add eggs to pan and fry.

Place bacon on the pizzas, followed by the eggs and tomato. Serve with rocket.



Kids Meat-Loaf

Ingredients

1 small zucchini
2 small carrots
½ cup peas
1 small onion, finely diced
500g mince meat
1 egg
1 tsp mixed Italian herbs
½ tsp salt

Instructions

Pre-heat oven to 180 degrees Celsius, fan-forced.

Grate carrots and zucchini coarsely, and squeeze through hands to remove as much liquid as possible. Place in a large mixing bowl along with peas, onion, mince meat, egg, herbs and salt. Combine well.

Using a muffin tray, line each individual muffin hole with baking paper. Tightly pack mince mixture into each muffin hole.

Bake in the oven for 30-40 minutes, or until golden on top and cooked through.

Lamb and Mushroom Skewers

Ingredients

6 wooden skewers; soaked in cold water for 30 minutes.

500g diced lamb
18 small button mushrooms
4 tbs olive oil
2 tsp honey
½ tsp rosemary leaves, finely chopped
1 garlic clove, finely chopped
Salt and pepper

Instructions

Pre-heat oven to 180 degrees Celsius, fan-forced.

Or, pre-heat BBQ grill on high heat,

Place olive oil, honey, rosemary, garlic, salt and pepper in a small bowl and combine well.

Thread diced lamb onto skewers alternately with mushrooms. Place on an oven tray lined with baking paper and coat with olive oil and honey sauce.

Place in oven for 30-40 minutes, or until lamb has cooked through.

If cooking on a BBQ grill, cook lamb for 5-6 minutes each side.

CHICKEN



NOTE:

Recipes marked with an *, contain one of the following ingredients which are not classified as Paleo.

- Chicken and Cabbage Salad

ALSO SEE:

- Chicken and Pistachio Salad

- Supreme Chicken Salad

- Warm Tomato and Chicken Salad

- Chicken and Bacon Salad

- Chicken and Sweet Potato Salad

- Rustic Chicken Salad

- Thai Chicken Omelette

- Chicken, Avocado and Spinach Omelette



Chicken, Bacon and Egg Salad

Ingredients

1 chicken breast, thinly sliced
 6 rashers bacon, diced
 1 tbs oil
 5 eggs
 4 cups green beans, topped, tailed and cut in half
 100g mixed salad leaves

Capsicum Mayonnaise

1 red capsicum
 5 tbs mayonnaise
 2 tbs lemon juice
 Salt and pepper

Instructions

Pre-heat oven to 180 degrees Celsius, fan-forced.
 To make the mayonnaise, cut capsicum in half and remove the seeds. Place on an oven proof tray skin side up and cook until skin has blistered and blackened. Remove from oven and leave to cool for 10 minutes. When cool, peel away the burnt skin, place in a blender or food processor along with the mayonnaise, lemon juice, salt and pepper. Blend until smooth.

In a fry pan, heat oil and add chicken and bacon, fry until bacon and chicken have cooked and become slightly browned, remove any chicken broth that forms during cooking.

Meanwhile, place beans and eggs in a pan with water and boil for 6-10 minutes, or until beans are cooked. Remove from heat and leave to cool.

To serve, place salad leaves, chicken, bacon and beans into a large bowl and combine. Peel eggs and slice into quarters, place on top of salad and drizzle with mayonnaise.



Pan-fried Moroccan Chicken

Ingredients

2 chicken breasts, diced
 2 tbs olive oil
 2 garlic cloves, finely chopped
 1½ tsp ground cinnamon
 3 tsp ground cumin
 ½ tsp ground turmeric
 3 tbs lemon juice
 ¼ cup sultanas
 5 tbs pine nuts
 1 small orange, halved and sliced
 4 tbs fresh mint, finely chopped

Instructions

Fry chicken in a pan with olive oil for 5 minutes.

Add garlic, cinnamon, cumin, turmeric, lemon juice and sultanas and cook covered for a further 15 minutes, adding more lemon juice if necessary.

Stir in pine nuts, orange slices and fresh mint and cook for a further 1-2 minutes.



Hot and Spicy Chicken

Ingredients

2 chicken breasts, diced
 1 tbs oil
 ½ tsp red chillies, finely chopped
 1 tbs sweet paprika
 2 tsp oregano, finely chopped
 ½ tsp honey
 ¼ cup lemon juice
 ¼ cup water
 Salt and pepper

Instructions

Fry chicken in a pan with olive oil for 5 minutes.

Add chillies, paprika, oregano and honey and cook for a further 2 minutes, stirring constantly.

Add lemon juice, water, salt and pepper and cook covered for a further 15 minutes, adding more liquid if necessary.



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Coconut Chicken Curry

Ingredients

2 chicken breasts, sliced
2tbs olive oil
1 onion, diced
2 garlic cloves, finely chopped
2tbs red curry paste
1tsp turmeric, ground
400ml coconut milk
12 bay leaves

Instructions

Heat 1tbs of olive oil in a wok or fry pan, add chicken and cook for 4-5minutes or until golden brown. Remove from pan.

Place remaining oil into the pan and fry onion and garlic until slightly browned, add red curry paste and turmeric and stir for 1minute. Add coconut milk and bay leaves and leave to simmer on low heat for 15minutes.

Cool slightly before serving.



Combine garlic, oil, lime juice and fish sauce into a screw top jar and shake well.

Drizzle dressing over salad and toss gently to combine.

Honey Chicken and Pumpkin Salad

Ingredients

500g chicken breast, cut into bite size pieces
 4 cups pumpkin, diced
 3 tbs honey
 2 tbs sesame seed oil
 7 spring onions, chopped
 3 cups lettuce

Instructions

In an oven proof pan, mix together chicken, pumpkin, honey and sesame seed oil and place into a pre-heated 180 degrees Celsius (fan-forced) oven.

Bake for 20-30 minutes or until chicken and pumpkin has cooked stirring occasionally. Add the spring onions for 5-10 minutes before removing pan from oven.

In a bowl place 1 cup of lettuce for each serving and top with chicken and pumpkin to serve.



* Chicken and Cabbage Salad

Ingredients

4 cups shredded cooked chicken (cold)
 4 cups finely shredded Chinese cabbage
 4 green shallots sliced thinly
 ¼ cup firmly packed, finely chopped fresh basil
 2 cloves garlic, crushed
 4 tbs sesame seed oil
 ¼ cup lime juice
 2 tbs fish sauce

Instructions

Place chicken, cabbage, shallots and basil in a large bowl.



Moroccan Chicken Skewers

Ingredients

6 wooden skewers; soaked in cold water for 30 minutes.

2 chicken breasts, diced

Marinade

1 large garlic clove

2 tsp honey

2 tbs lemon juice

1 tbs oil

1 tsp ground cumin

1 tsp salt

½ teaspoon cayenne pepper

1 tsp ground turmeric

½ tsp ground cinnamon

Instructions

Make marinade by combining all ingredients into a small bowl, mixing well. Place diced chicken in a ceramic dish, pour marinade over the top and coat well. Cover and leave in the refrigerator overnight.

Pre-heat oven to 180 degrees Celsius, fan-forced or pre-heat BBQ grill on high heat.

Thread diced chicken onto skewers and place on an oven tray lined with baking paper, pour marinade over the top of chicken, coating well. Bake in oven for 35-40 minutes or until chicken is cooked through.

If cooking on a BBQ grill, cook chicken for 5-6 minutes each side.

Chilli and Garlic Chicken Skewers

Ingredients

6 wooden skewers; soaked in cold water for 30 minutes.

2 chicken breasts, diced
2 tbs olive oil
1 tsp chopped red chillies
4 garlic cloves, finely chopped
6 tbs lemon juice

Instructions

Pre-heat oven to 180 degrees Celsius, fan-forced.

Or, pre-heat BBQ grill on high heat.

Make chilli and garlic sauce by combining oil, chillies, garlic and lemon juice in a small bowl and mix well.

Thread diced chicken on skewers and place on an oven tray lined with baking paper. Pour chilli and garlic sauce over the top of chicken, coating well.

Bake in oven for 35-40 minutes, or until chicken has cooked through.

If cooking on a BBQ grill cook chicken for 5-6 minutes each side.



Chicken and Vegetable Skewers

Ingredients

6 wooden skewers; soaked in cold water for 30 minutes.

2 chicken breasts, diced
1 medium zucchini, cut into circles
1 medium carrot, cut into circles
1 capsicum, cut into squares
1 tbs olive oil
3 tbs lemon juice
Salt and pepper

Instructions

Pre heat oven to 180 degrees Celsius, fan-forced.

Or, pre-heat BBQ grill on high heat.

Thread diced chicken onto skewers alternately with vegetables. Place on an oven tray lined with baking paper and coat with oil, lemon juice, salt and pepper.

Bake in oven for 30-40 minutes, or until chicken has cooked through.

If cooking on a BBQ grill, cook chicken for 5-6 minutes each side.



Honey and Soy Chicken with Sesame Seeds

Ingredients

2 chicken breasts
½ cup honey
3tbs soy sauce (*not paleo*)
4tbs sesame seeds

Instructions

Pre-heat oven to 180 degrees celsius, fan-forced.

In a bowl combine honey and soy sauce, add chicken and coat well.

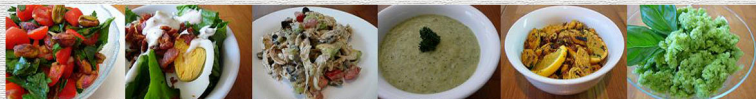
Place chicken and honey sauce on a baking tray lined with baking paper.

Place chicken in oven and cook for 10minutes. Remove and add sesame seeds, coating well.

Return to oven and cook for a further 10minutes or until chicken has cooked through.

Cool slightly before serving.

SEAFOOD



NOTE:

Recipes marked with an *, contain one of the following ingredients which are not classified as Paleo.

- Fish with Mustard and Mayonnaise Sauce

ALSO SEE:

- Tuna Balls (Snacks)

- Sesame Coated Tuna Salad (Salads)



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Fish with Tomato and Almond Sauce

Ingredients

4 white fish fillets
1½ cups diced tomatoes or one 400g can diced tomatoes
1 bunch parsley, chopped
1 lemon, peel finely grated
1 garlic clove, finely chopped
1 tsp paprika ground
1½ tbs oil
50g slivered almonds

Instructions

Pre-heat oven to 180 degrees Celsius, fan-forced.

In a bowl mix together tomatoes, parsley, grated lemon rind, garlic, paprika, oil and almonds.

Place fish in an oven proof dish and layer evenly with tomato mixture.

Bake in oven for 20-30 minutes, or until fish is cooked.

Serve with vegetables or salad.



Tuna and Apple Salad

Ingredients

85g canned tuna
1 cup lettuce
1 small green apple, diced
1/3 cup green capsicum, diced
3 tbs avocado, diced

Instructions

Place all ingredients into a bowl and toss together.

NOTE: Pecans work well in this salad.



Thai Cabbage with White Fish

Ingredients

500g cabbage, coarsely shredded
1 onion, chopped
2 garlic cloves
2 fresh chillies, seeded and chopped
3 curry leaves
1 tbs olive oil
2 strips lemon rind
1½ cups coconut milk
1 tsp salt
1 tbs dried tamarind pulp
3 x 85g pieces of white fish

Instructions

Put chopped onions, garlic and chillies into the container of an electric blender and blend to a puree.

In a pan, fry the curry leaves in the olive oil for 1 minute.

Stir in the blended mixture and fry until the mixture turns a darker colour, stirring constantly so mixture doesn't stick to the base of the pan. Add lemon rind, coconut milk and salt; stir well while bringing to simmering point.

Add the cabbage and fish and simmer uncovered for a few minutes until cabbage is cooked but still crisp and fish is cooked. Stir in the tamarind and serve.



Fish and Pine-Nut Patties

Ingredients

500g boneless white fish
½ cup parsley, finely chopped
⅓ cup pine nuts
½ cup almond meal
2 eggs
Salt and pepper
Rocket leaves

Instructions

Pre-heat grill to medium heat.

Place fish on grill and cook for 3-4minutes, or until cooked.

Place fish in a large mixing bowl along with parsley, pine nuts and almond meal; combine well, breaking up the fish into little pieces.

Add eggs, salt and pepper and combine well.

Take 3tbs of mixture and form a patty. Place on the grill and cook for 1-2minutes. Repeat until all the mixture has been used.

Serve with rocket leaves.



Baked Fish with Lemon and Parsley

Ingredients

2 serves fish fillets
1 tbs olive oil
2 tbs lemon juice
2 garlic cloves, finely chopped
5 tbs parsley, finely chopped
Salt and pepper

Instructions

Pre-heat oven to 180 degrees Celsius.

In a bowl, mix together olive oil, lemon juice, garlic and parsley.

Place fish fillets on an oven tray lined with baking paper and coat with lemon parsley mixture.

Bake in the oven for 15-20 minutes, or until fish has cooked.

Serve with vegetables drizzled with lemon mayonnaise.

* Fish with Mustard and Mayonnaise Sauce

Ingredients

2 serves white fish fillets
4 tbs mayonnaise
1 tsp wholemeal mustard

Instructions

Pre-heat oven to 180 degrees Celsius.

In a small bowl, mix together mayonnaise and mustard.

Place fish fillets on an oven tray lined with baking paper and coat evenly with mayonnaise dressing.

Bake in the oven for 15-20 minutes, or until fish has cooked.

Serve with salad.



Prosciutto Wrapped Fish

Ingredients

2 serves fish fillets
6 slices prosciutto
1 tsp thyme leaves, finely chopped
2 tbs oil
Salt and pepper
Slice of lemon to serve

Instructions

Sprinkle fish with thyme leaves, salt and pepper and then wrap each fish fillet with 3 slices of prosciutto.

Place a frying pan on high heat along with oil. Cook fish for 3-4 minutes each side or until each side has become lightly golden.

Serve with a slice of lemon to drizzle over top.



White Fish with Mushroom and Turmeric

Ingredients

2 serves fish fillets
2 tbs olive oil
1 tbs lime juice
1 tsp ground turmeric
1 cup mushrooms, diced
Salt and pepper

Instructions

Pre-heat oven to 180 degrees Celsius.

Place fish fillets on an oven tray lined with baking paper. Evenly drizzle olive oil and lime juice then top with turmeric, mushrooms, salt and pepper.

Bake in the oven for 15-20 minutes, or until fish has cooked



White Fish with Mushroom Sauce

Ingredients

2 serves fish fillets
2 tbs olive oil
1 small onion, thinly sliced
1 clove garlic, finely chopped
1 cup mushrooms, sliced
1 tsp thyme leaves, finely chopped
½ cup fresh parsley, roughly chopped
2 tsp arrow root
½ cup water
Salt and pepper

Instructions

Pre-heat oven to 180 degrees Celsius.

In a pan, fry the onion, garlic and mushrooms in oil for 3-4 minutes, or until mushrooms have become slightly tender. Add arrowroot, thyme, salt and pepper and stir well for one minute.

Add water and stir constantly until thickened. Add parsley and cook for a further one minute.

Place fish fillets on an oven tray lined with baking paper and cover with mushroom sauce.

Bake in the oven for 15-20 minutes, or until fish has cooked.



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Dill Coated Swordfish with Grilled Sweet Potato Chips

Ingredients

2 small swordfish steaks
2tbs freshly chopped dill
½ sweet potato, peeled and sliced into fingers
Olive oil

Instructions

Pre-heat grill on medium heat.

On one side of each swordfish steaks rub on some olive oil and dill.

Place swordfish on grill and cook for 2-3minutes, turn over and cook for a further 2-3 minutes or until cooked through. Remove and keep warm.

Place sweet potato fingers on grill along with some olive oil, cook for 4-5minues or until cooked through.

Serve on the side with swordfish steaks.

OMELET'S





Thai Chicken Omelette

Ingredients

1 chicken breast, diced
3 spring onions, sliced
1 garlic clove, finely chopped
1 tbs oil
1 small carrot, finely diced
 $\frac{2}{3}$ cup bean sprouts
Small handful coriander, freshly chopped
1 tsp salt
 $\frac{1}{2}$ tsp ground paprika
3 eggs, beaten

Instructions

Fry diced chicken breast, spring onions, garlic and oil in a pan on high heat for 5 minutes, or until chicken has cooked through. Remove from heat and add bean sprouts, coriander, salt and paprika.

Heat a frying pan lined with baking paper. Pour beaten eggs onto the baking paper. When the bottom of the eggs have cooked turn the mixture over by placing another sheet of baking paper to the side and flipping the eggs onto it, then transfer it onto the heated frying pan and cook for an extra 2-3 minutes, or until browned on the bottom.

To serve, place omelette on a plate and spoon chicken mixture onto one half. Fold other side of omelette over.

Zucchini Omelette

Ingredients

3 cups zucchini, diced
5 eggs
1 small onion, finely chopped
1 tbs olive oil
1 tbs tarragon or oregano
Salt and Pepper

Instructions

Pre-heat oven to 180 degrees Celsius, fan-forced.

Line an oven proof dish with baking paper and layer zucchini across the bottom of the dish evenly. Sprinkle tarragon, salt and pepper over zucchini evenly.

In a bowl, beat eggs with the olive oil. Pour over zucchini evenly.

Bake in oven for 20-30 minutes, or until cooked through.

Leave to cool for 2 minutes before serving.



Smoked Salmon and Chive Omelette

Ingredients

60g smoked salmon
1 small onion, finely diced
1 tbs oil
3 eggs
2 tbs chopped chives, finely chopped
Dash pepper

Instructions

Place oil and onion in a frying pan on high heat. Cook for 2-3 minutes, or until onions have softened. Remove onions.

In a bowl, whisk together eggs, onion, chives and pepper.

Place frying pan lined with baking paper back on heat. Add eggs. When the bottom of the omelette has cooked, turn the mixture over by placing another sheet of baking paper to the side and flipping the mixture onto it, then transfer it onto the heated frying pan and cook for an extra 2-3 minutes, or until browned on the bottom. Place omelette on a plate and discard of baking paper.

To heat salmon, place in the frying pan and stir on high heat for 1-2 minutes or until colour has become lighter. This step is optional.

To serve, place salmon over omelette and sprinkle with extra chopped chives.



Sweet Potato and Spinach Omelette

Ingredients

2 cups sweet potato, diced
1 medium onion, diced
2 tbs olive oil
3 cups baby spinach
5 eggs, beaten
Salt and pepper

Instructions

Pre-heat oven to 200 degrees Celsius, fan-forced.

In an oven proof dish, place sweet potato, diced onion, olive oil, salt and pepper. Bake in oven for 20-30 minutes, or until sweet potato is cooked.

Place a pan on high heat with water and bring to the boil. Add spinach and cook for 1-2 minutes until soft. Drain well removing excess water.

Spread sweet potato mixture along base of an oven proof dish. Layer with spinach and pour over beaten eggs.

Bake in oven for 15-20 minutes or until eggs are cooked. Remove from oven and leave to cool for 5 minutes before serving.



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Chicken, Avocado and Spinach Omelette

Ingredients

½ chicken breast, poached and diced
¼ cup diced avocado
2 cups English spinach
2 tsp mayonnaise
3 eggs, beaten
Salt and pepper

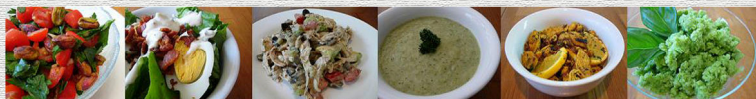
Instructions

In a pan on high heat, boil spinach in water for 2-3 minutes, or until soft. Drain well, removing as much excess water as possible.
Place in a mixing bowl along with cooked chicken and avocado. Mix well.

Heat a frying pan lined with baking paper. Pour the beaten eggs onto the baking paper. When the bottom of the eggs have cooked, turn the mixture over by placing another sheet of baking paper to the side and flipping the eggs onto it, then transfer it onto the heated frying pan and cook for an extra 2-3 minutes, or until browned on the bottom.

To serve, place omelette on a plate and spoon chicken and avocado mixture onto one half. Drizzle with mayonnaise then fold other side of omelette.

DESSERTS





Coconut and Lime Custard

Ingredients

1 cup coconut milk
½ cup water
1 tbs honey
1 lime, peel finely grated
2 tbs lime juice
1 vanilla pod or 1 tsp vanilla essence
4 eggs
¼ cup shredded coconut, toasted

Instructions

Pre-heat oven to 160 degrees Celsius, fan-forced.

Place coconut milk, water, honey, grated lime and lime juice in a pan and simmer over medium heat for 1 minute.

In a bowl beat eggs. Add slowly to hot coconut milk mixture, whisking quickly until combined and a smooth texture has formed.

Place mixture into 4 individual serve oven proof dishes and place in a deep oven proof pan. Pour boiling water into pan to come halfway up the sides of the dishes. Bake in oven for 30-40 minutes or until set.

Cool to room temperature then place custard in the fridge to cool for 6 hours or overnight. Serve with toasted coconut sprinkled on top.



Blueberry and Pear Crumble

Ingredients

5 pears
1 tbs mixed spice
4 tbs lemon juice
1 tbs honey
300g packet frozen blueberries
2 tbs arrowroot
½ cup almond meal
10 dates
1 tbs water
⅓ cup walnuts, chopped

Instructions

Pre-heat oven to 180 degrees Celsius, fan-forced.

Peel pears, remove core and pips and slice.

Heat a medium sized pan to low-medium heat, add pear slices, mixed spice, lemon juice and honey. Cover and cook for 10 minutes, stirring regularly.

Add arrowroot and stir until pears are coated. Add blueberries, stir continuously for 5 minutes, or until blueberries have defrosted and sauce has thickened.

Place almond meal in a food processor, turn onto medium-high heat, add dates and water and blend until well combined. Place into a bowl and add walnuts.



Fruit and Nut Soufflé

Ingredients

½ cup ground almond (almond meal)
1 cup pineapple, chopped
1 cup apple, chopped
4 egg whites

Instructions

Pre heat oven to 180 degrees Celsius (fan forced).

Puree chopped pineapple until it is thick and has an airy creamy texture. Mix into ground almonds. Repeat the process with the apple.

In a separate bowl, whip egg whites until soft peaks form. Fold gently into almond mixture.

Place 4 oven proof dishes in a baking tray filled with water up to half way on the dishes.

Divide mixture between the 4 dishes and bake in a pre-heated oven for 20-30 minutes.

Serve immediately.

Lemon Soufflé

Ingredients

½ cup lemon juice
1 grated lemon rind
2 tbs honey
3 eggs, separated
¾ cup light coconut milk

Instructions

Pre-heat oven to 180degrees Celsius (fan forced).

In a bowl, mix together lemon juice, lemon rind, honey, egg yolks (placing egg whites in a separate bowl) and coconut milk.

Beat the egg whites to form stiff peaks. Then fold into the lemon mixture.

Place mixture into 2 separate oven proof dishes in an oven tray filled with water to reach half way on the dishes. To help the soufflé rise evenly, run your finger around the edge of each dish.

Bake in oven for 20-30 minutes or until a knife can be placed into it come out clean.

Serve immediately.





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Mango and Passionfruit Sorbet

Ingredients

- 1 large mango
- 2 passionfruit
- 1 tbs honey
- 1 egg white, beaten until stiff peaks have formed

Instructions

Using an electric blender, blend together mango, passionfruit and honey until a creamy texture has formed.

Fold mango mixture into the beaten egg white.

Pour into an ice-cream container / freezer proof container and freeze for approximately 6 hours or overnight until set.

To serve, cut into slices.

Toasted Coconut Sorbet

Ingredients

1/3 cup shredded coconut
2 cups coconut milk
1 tbs honey
1 egg white, beaten until stiff peaks have formed

Instructions

Place shredded coconut in a fry pan on medium heat and stir until lightly browned and toasted. Leave to cool.

Using an electric blender, blend together coconut milk and honey until well combined.

Fold coconut milk into the beaten egg white.

Pour into an ice-cream container / freezer proof container and freeze for approximately 6 hours or overnight until set.

To serve, cut into slices.



Rhubarb and Orange Sorbet

Ingredients

1 cup freshly squeezed orange juice
5 stalks fresh rhubarb, ends trimmed and cut into short lengths
1 vanilla pod or 1/2 tsp vanilla essence
1 tbs honey
1 egg white, beaten until stiff peaks have formed

Instructions

Place orange juice, rhubarb, vanilla and honey into a pan and place on medium heat and cook for 4-6 minutes, or until rhubarb has softened and starts to fall apart. Remove from heat and leave to cool.

When rhubarb mixture has cooled, place in an electric blender and blend until smooth. Fold into the beaten egg white.

Pour into an ice-cream container / freezer proof container and freeze for approximately 6 hours or overnight until set.

To serve, cut into slices



Blueberry Sorbet

Ingredients

2 cups blueberries
½ medium banana
⅓ cup coconut milk
1½ tbs honey
1 egg white, beaten until stiff peaks have formed

Instructions

Using an electric blender, blend together blueberries, banana, coconut milk and honey until well combined.

Fold blueberry mixture into the beaten egg white. Pour into an ice-cream container / freezer proof container and freeze for approximately 6 hours or overnight until set. To serve, cut into slices.



Rockmelon and Coconut Sorbet

Ingredients

2 cups diced rockmelon
 1/3 cup coconut milk
 1 tbs honey
 1/3 cup shredded coconut
 1 egg white, beaten until stiff peaks have formed

Instructions

Using an electric blender, blend together rockmelon, coconut milk and honey until a smooth texture has formed.

Stir in shredded coconut and then fold mixture into the beaten egg white.

Pour the mixture into an ice-cream container / freezer proof container and freeze for approximately 6 hours or overnight until set.

To serve, cut into slices.

Honeydew and Ginger Sorbet

Ingredients

3 cups honeydew melon, diced
 2 tbs lemon juice
 2 tsp ground ginger
 1½ tbs honey
 1 egg white, beaten until stiff peaks have formed

Instructions

Using an electric blender, blend together honeydew, lemon juice, ground ginger and honey until a smooth texture has formed.

Fold honeydew mixture into the beaten egg white.

Pour into an ice-cream container / freezer proof container and freeze for approximately 6 hours or overnight until set.

To serve, cut into slices.



Orange and Lime Ice

Ingredients

2 cups freshly squeezed orange juice
2 tbs lime juice

Instructions

Combine orange juice and lime juice. Place into an ice-cream container / freezer proof container for 2 hours.

Break mixture up into crystals with a fork and place back into the freezer. Continue this process every 40 minutes until the container is filled with flavoured crushed ice. (If you wish to freeze the mixture overnight, leave mixture out to soften 30 minutes before breaking up the crystals for the first time.)



Chamomile Lemon Ice

Ingredients

2 cups boiling water
4 chamomile tea bags
1½ tbs honey
2 tbs lemon juice

Instructions

Place tea bags in boiling water along with honey and lemon juice and leave for 3 minutes, stirring occasionally. Leave to cool.

Place cooled liquid into an ice-cream container / freezer proof container for 2 hours.

Break mixture up into crystals with a fork and place back into the freezer. Continue this process every 40 minutes until the container is filled with flavoured crushed ice. (If you wish to freeze the mixture overnight, leave mixture out to soften 30 minutes before breaking up the crystals for the first time.)



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Basil and Lime Ice

Ingredients

1 cup fresh basil, firmly packed
2 tbs honey
½ cup water
½ cup lime juice (approximately 4 limes)
½ cup coconut milk

Instructions

Using an electric blender, blend together basil, honey, water, lime juice and coconut milk until a smooth texture has formed.

Place basil mixture into an ice-cream container / freezer proof container for 2 hours. Break mixture up into crystals with a fork and place back into the freezer.

Continue this process every 40 minutes until the container is filled with flavoured crushed ice. (If you wish to freeze the mixture overnight, leave mixture out to soften 30 minutes before breaking up the crystals for the first time.)



Traffic Lights

Ingredients

½ Rockmelon (Cantaloupe)
4 Kiwi fruit
8 Strawberries
8 wooden skewers/ice-cream sticks

Instructions

Cut rockmelon into 3cm thick pieces. Peel kiwifruit and cut in half crossways. Wash strawberries and remove stalk. Cut the sharp tip off the skewers before threading the fruit onto each one in the colour sequence of traffic lights; green (bottom), orange (middle), red (top). Repeat.

Berries with Lemon Custard



Ingredients

- 1 cup berries
- 2 whole eggs, beaten well
- ½ lemon, juiced
- 1 lemon, rind finely grated
- 1 tsp honey
- ½ cup light coconut milk

Instructions

To make the custard, heat the lemon juice, lemon rind, honey and coconut milk in a pan until it has reached the boil. Slowly add the beaten eggs stirring vigorously until custard has thickened.

When custard has slightly cooled, serve along side with the berries.

Mixed Berry Compote

Ingredients

- 2 tea bags herbal tea, eg camomile, jasmine, orange
- 1 orange, freshly squeezed
- 2 cups mixed berries

Instructions

Place tea bags and orange juice in a saucepan. Simmer over low heat for 1 minute.

Add berries and simmer until berries are plump and juicy.

Remove tea bags.

Cover and refrigerate for several hours prior to serving.



Coconut Macaroons

Ingredients

3 large egg whites
1/3 cup honey
1½ shredded coconut
1/3 cup almond meal

Instructions

Pre-heat oven to 180 degrees Celsius, fan-forced.

Place egg whites in a bowl and beat using an electric beater until stiff peaks form.

Fold in honey, coconut and almond meal until just combined to minimise the handling of the batter.

Spoon 1-2 tbs of mixture per macaroon onto an oven proof tray lined with baking paper.

Bake in oven for 15 minutes for medium sized macaroons, or 18 minutes for larger size macaroons, or until light brown in colour.

Cool before serving.

Chocolate Macaroons

Ingredients

3 large egg whites
1/3 cup honey
3 tbs cocoa powder
¾ cup chopped walnuts
1½ shredded coconut
1/3 cup almond meal

Instructions

Pre-heat oven to 180 degrees Celsius, fan-forced.

Place egg whites in a bowl and beat using an electric beater until stiff peaks form.

Fold in honey, cocoa powder, walnuts, coconut and almond meal until just combined to minimise the handling of the batter.

Spoon 1-2 tbs of mixture per macaroon into onto an oven proof tray lined with baking paper.

Bake in oven for 15 minutes for medium sized macaroons, or 18 minutes for larger size macaroons, or until light brown in colour. Cool before serving.

Coconut and Walnut Macaroons

Ingredients

3 large egg whites
1/3 cup honey
¾ cup chopped walnuts
1½ shredded coconut
1/3 cup almond meal

Instructions

Pre-heat oven to 180 degrees Celsius, fan-forced.

Place egg whites in a bowl and using an electric beater until stiff peaks form.

Fold in honey, walnuts, coconut and almond meal until just combined to minimise the handling of the batter.

Spoon 1-2 tbs of mixture per macaroon into onto an oven proof tray lined with baking paper.

Bake in oven for 15 minutes for medium sized macaroons, or 18 minutes for larger size macaroons, or until light brown in colour. Cool before serving.





Pears with Cashew crumble

Ingredients

2 pears, halved, cored
4tbs maple syrup
4 dates
¼ cup almond meal
¼ cup roughly chopped cashews

Instructions

Heat a frying pan over low-medium heat, add cashews, cooking for 5minutes or until golden brown.

Coat pear halves in maple syrup then place in the frying pan and cook for 4-5minutes or until lightly golden.

Meanwhile, place dates and almond meal into a food processor, or use an electric blender to blend until well combined.

Stir in cashews.

To serve, place pear halves into a bowl and top with cashew crumble mixture.



Cherry Balls

Ingredients

20 fresh cherries, chopped
3 tbs almond butter, or peanut butter
½ cup chopped walnuts
1 cup shredded coconut
2 tbs honey

Instructions

Pre-heat oven to 180 degrees Celsius (fan-forced).

In a bowl, mix all ingredients together.

Shape into balls and place on a baking tray lined with baking paper.

Bake in oven for 5-10 minutes, or until balls have browned. The balls will still be quite soft at this stage.

Place them in the fridge until cooled. Makes around 7.



Lemon Tarts

Ingredients

Pastry

1 cup almond meal
3 tbs lemon juice
4 dates

Filling

6 tbs lemon juice
1 lemon, rind finely grated
1 tbs honey
2 eggs

Instructions

Pre-heat oven to 180 degrees Celsius (fan-forced).

To make the pastry, place ingredients into a blender and mix until well combined. In a muffin tray (or similar) line individual holes with baking paper, and firmly place pastry mixture on the bottom and sides. Bake in oven for 10-12 minutes, or until pastry has browned. Leave to cool.

To make the filling. Place lemon juice, lemon rind and honey into a pan, and simmer on low heat for 2 minutes. In a bowl, beat eggs well. Slowly add the beaten eggs to simmering filling, stirring vigorously to form a nice smooth texture. Add more honey if desired. Leave to cool slightly.

When pastry has cooled, and the filling has reduced to a warm temperature, spoon the filling into each individual tart.

Place in the fridge until cooled and set. Makes around 4, depending on size.

Cinnamon Swirl Nut Bar

Ingredients

1/3 cup almonds (un-salted)
1/3 cup cashews (un-salted)
1/3 cup walnuts
4 tbs raisins
10 dates
Dash of cinnamon, nutmeg and All Spice
Roughly chopped nuts for texture (optional)

Instructions

If using dry dates, heat the dates in the microwave (or oven) for 30 seconds so they become soft and easier to mould and blend.

Blend all ingredients together in a food processor or blender. Add some chopped up nuts to add some crunch.

Press firmly into a tray lined with baking paper to prevent sticking. Cool in the fridge for a few hours.

When cooled, remove from tray and cut into bar shapes.



Chocolate Punch Nut Bar

Ingredients

1/3 cup almonds (un-salted)
2/3 cup cashews (un-salted)
1/3 cup walnuts
3 decent tbs un-sweetened cocoa powder
1 tbs raisins
18 dates

Instructions

If using hard dates, heat up the dates in the microwave (or oven) for 30 seconds so they become soft and easier to mold and blend. Blend all ingredients together in a food processor or blender..

Press mixture firmly into a tray lined with baking paper to prevent sticking. Cool in the fridge for a few hours.

When cooled, remove from tray and cut into bar shapes.



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Crunchy Banana Pops

Ingredients

1 large banana cut into 3 pieces
Almond butter or your favourite nut butter
3 ice-cream sticks

Instructions

Place banana pieces onto individual paddle stick.

Cover half the banana with almond butter.

Place un-covered side down on a plate lined with baking paper in a freezer for 6 hours or overnight until set.

Banana Nut Pops

Ingredients

1 large banana, cut into 3 pieces
Pecans, walnut or nut of choice, coarsely chopped
3 ice-cream sticks

Instructions

Place banana pieces onto individual stick.

Cover half the banana with chopped nuts.

Place un-covered side down on a plate lined with baking paper in a freezer for 6 hours or overnight until set.



Apple Tart

Ingredients

Pastry

1 cup walnuts, chopped
1 cup almond meal
½ cup sunflower seeds
1½ cups dates

Filling

¼ cup lemon juice
2 cups water
⅓ cup orange juice
2 tbs honey
½ tsp ground cinnamon
½ tsp all spice
¼ tsp ground cloves
3 large green apples, cut into small thin slices, core removed.

Instructions

Combine walnuts, almonds, sunflower seeds and dates in a food processor. Process on high for 30-40 seconds or until a coarse texture.

Line a 23 cm tart pan with baking paper, and press pastry mixture evenly along bottom and sides. Place in a refrigerator for at least 30 minutes.

To make the filling, place all ingredients in a pan on medium heat for 8-10 minutes or until apple has cooked through. Remove apples from pan and leave to cool. When apples are cool spread the slices evenly over crust.

Italian Carrot and Almond Torte

Ingredients

5 eggs, separated
½ cup rich honey
2 teaspoons finely grated lemon rind
¾ cup grated carrot, firmly packed
2 cups almond meal
3 tbs arrowroot
¼ cup pine nuts

Instructions

Pre-heat oven to 180 degrees Celsius, fan forced. Grease a deep 20cm round cake tin and line with baking paper.

Beat egg-yolks and honey in a large bowl with an electric beater until a light, thick and creamy texture has formed. Fold in lemon rind, carrot, almond meal and arrowroot.

In a small bowl, beat egg-whites with electric beater until firm peaks form. Fold into carrot mixture. Pour mixture into prepared cake tin.

Bake in the oven for 20 minutes. Sprinkle pine nuts on top and bake for a further 20-25 minutes or until light brown and cooked through.

Stand cake in the tin for 10 minutes to cool. Turn out onto a plate and serve warm or cold.



Coconut Chocolate cake

Ingredients

5 eggs, whole
3 eggs, separated
¼ cup oil
⅓ cup coconut milk
½ cup cocoa powder
1 cup honey
¾ cup coconut flour
1 tsp vanilla bean pods

Instructions

Pre-heat oven to 180 degrees Celsius, fan forced. Grease a deep 20cm round cake tin and line with baking paper.

In a small bowl, place three egg whites and whisk until stiff peaks have formed.

In a medium sized mixing bowl, combine all ingredients well, including egg yolks. Fold in beaten egg whites.

Pour mixture into prepared cake tin.

Bake in oven for 25-30 minutes, or until cooked through.

Stand cake in the tin for 10 minutes to cool. Turn out onto a plate and serve warm or cold.

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